

EXERCISE SCIENCE, BACHELOR OF SCIENCE (BS) / PRE-CHIROPRACTIC (PALMER) (3+3)

PROGRAM LEARNING OUTCOMES

- **Professional Competence:** To utilize knowledge, skills, and abilities to evaluate health behavior and risk factors; develop, implement, and evaluate evidence-based exercise and wellness programs, and employ behavioral strategies to motivate individuals to adopt and maintain positive lifestyle behaviors. UO 3,4,5
- **Professional Interaction and Communication:** To interact and communicate effectively by presenting information in oral and written formats, collaborating with professionals and peers, expressing ideas clearly, and giving and receiving feedback. UO 1
- **Professional Behavior and Involvement:** To model professional behaviors (including preparedness, engagement, and appearance), and demonstrate professional involvement across the major. UO 5,7,9
- **Ethical Reasoning:** To make well-informed and unbiased decisions to enhance the well-being of others. UO 8, 10
- **Critical Thinking:** To demonstrate clear and accurate reasoning to make decisions and solve problems. UO 2

RELATED LINKS

Professional Licensure/Certification Page (<https://www.sru.edu/students/student-consumer-information/professional-licensures/>)

CURRICULUM GUIDE

GPA REQUIREMENT – EXERCISE SCIENCE

1st Major: Exercise Science

- Overall GPA: 2.00 or higher
- Major GPA (includes Major Requirements and College Wide Requirements): 2.00 or higher

2nd Major: Exercise Science 3+3 Pre-Chiropractic (Palmer)

- Overall GPA: 2.75 minimum for consideration in standard admission process
- Overall GPA: 3.00 or higher for acceptance

SUMMARY*

Code	Title	Hours
	Rock Studies 2 Requirements	44
	Other Basic Requirements	0-3
	Major Requirements	45
	Natural Science and Math College-Wide Requirements	15
	Additional Pre-Chiropractic (Palmer) 3+3 Exercise Science Requirement	4
	Electives	23

* All undergraduate degree programs require a minimum of 120 credits. Some courses meet multiple requirements, but are only counted once toward the 120 credit total required to graduate. However, because this

is a pre-professional program, credits taken during the 1st year of the graduate program are applied toward the undergraduate credit hours to meet the 120 credits required for your undergraduate degree.

ROCK STUDIES 2 REQUIREMENTS

Code	Title	Hours
The Rock		
SUBJ 139	Foundations of Academic Discovery ¹	3
ENGL 102	Critical Writing	3
ENGL 104	Critical Reading	3
STAT 152	Elementary Statistics I	3
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLI 235	Civil Discourse and Democracy	
Subtotal		15
Integrated Inquiry		
<i>Creative and Aesthetic Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Humanities Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Social Science Inquiry</i>		
Select 3 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/)		3
<i>Natural Sciences Inquiry</i>		
BIOL 209	Human Anatomy and Physiology I	4
<i>Physical Science Inquiry</i>		
PHYS 201	Elements of Physics I with Lab	4
Subtotal		17
Thematic Thread		
Select 12 Credits (https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/) ²		12
Total Hours		44

¹ Course offered in multiple subjects; cannot take course in first major subject

² One course from each category; six credits must be 300-level or above; no more than 4 credits from one subject area; specific courses required in first major, regardless of prefix of course, cannot be used to satisfy thread requirements; any course with same prefix as first major cannot be used to satisfy thread requirements, even if it is not a course in the first major.

Basic Math Requirement

Check with your adviser or a current degree audit report to see if you have been exempted from this course. The credit earned in this course will not be counted toward the 120 credit hour minimum needed to earn a degree.

Code	Title	Hours
Complete one of the following:		0-3
Meet required minimum SAT or ACT math score OR		
ESAP 110	Beginning Algebra	
Total Hours		0-3

DIVERSITY, EQUITY, AND INCLUSION REQUIREMENT

Students must take and pass a course with the Diversity, Equity, and Inclusion (DEI) designation prior to graduation. Students can meet this requirement by taking any DEI - designated course in any program at any time during their undergraduate career.

MAJOR REQUIREMENTS

- If you choose to pursue Exercise Science 3+3 Pre-Chiropractic (Palmer) and are not accepted, then EXER 450: Internship is required to complete a first major of Exercise Science. Please refer to the Exercise Science Curriculum Guide.

Code	Title	Hours
Required Basic Courses		
Must earn a "C" or better in the following courses		
EXER 100	Introduction to Exercise Science: Careers and Content ^{1,2}	3
EXER 101	Applied Anatomy/Lab ^{1,2}	3
EXER 201	Exercise Physiology with Lab ^{1,2}	3
EXER 202	Biomechanics with Lab ^{1,2}	3
EXER 300	Research Methods in Exercise Science ^{1,2}	3
EXER 301	Aerobic Exercise Leadership ^{1,2}	3
EXER 302	Exercise Leadership: Resistance Training ^{1,2}	3
Subtotal		21
Required Upper Level Courses (24 credits if accepted to Palmer Doctor of Chiropractic Program)		
Must earn a "C" or better in the following courses		
EXER 400	Wellness Coaching and Program Management ^{1,2}	3
EXER 401	Fitness Assessment ^{1,2}	3
EXER 402	Exercise Prescription ^{1,2}	3
EXER 403	Advanced Exercise Physiology ^{1,2}	3
EXER 410	Clinical Exercise Physiology ^{1,2}	3
EXER 411	Exercise Science: Special Populations and Conditions ^{1,2}	3
EXER 412	Exercise Science: Senior Synthesis ^{1,2}	3
EXER 424	Nutrition and Exercise ^{1,2}	3
Subtotal		24
Total Hours		45

¹ Course counts toward Major GPA
² Course counts for 50% of Major requirements
* Some courses may require pre-requisites. Please see course descriptions to determine if there are any pre-requisites for that specific course.

NATURAL SCIENCE AND MATH COLLEGE-WIDE REQUIREMENTS

Code	Title	Hours
Must earn a "C" or better in the following courses		
BIOL 209	Human Anatomy and Physiology I	4
BIOL 309	Human Anatomy and Physiology II	4
PHYS 201	Elements of Physics I with Lab ¹	4

STAT 152	Elementary Statistics I ¹	3
Total Hours		15

¹ Course counts toward Major GPA

ADDITIONAL PRE-CHIROPRACTIC (PalMER) 3+3 eEXERCISE SCIENCE COURSES

Code	Title	Hours
Must earn a "C" or better in the following course:		
CHEM 107	General Chemistry I	3
CHEM 111	General Chemistry I Lab	1
Total Hours		4

REQUIREMENTS FOR PRE-CHIROPRACTIC (Palmer) 3+3 EXERCISE SCIENCE:

- If any of these requirements are not met, the 3+3 designation will be removed from the student's record:
1. A minimum of 2.75 overall GPA must be maintained by student for standard admission at the discretion of Palmer College of Chiropractic.
 2. A 3.0 or higher overall GPA must be maintained by the student for acceptance to Palmer's Doctor of Chiropractic Degree Program.
 3. The student can only be enrolled in the Pre-Chiropractic Program (Palmer) 3+3 Exercise Science program for a maximum of three (3) years, full-time continuous enrollment (fall/spring).

Provision:

Should a student enrolled in the Exercise Science 3+3 Pre-Chiropractic (Palmer) designation be unsuccessful in completing the 1st three semesters (summer or fall or spring terms) of the Doctor of Chiropractic Degree Program, and want to complete the original undergraduate degree, it is solely up to the discretion of the undergraduate program Department Chair to determine which, if any, graduate level Chiropractic courses will count toward the completion of their undergraduate degree. In addition, students must complete any unfulfilled requirements of their undergraduate major. Students may still be able to apply to Palmer College of Chiropractic with an earned Bachelor's degree.

Important Curriculum Guide Notes

This Curriculum Guide is provided to help SRU students and prospective students better understand their intended major curriculum. Enrolled SRU students should note that the My Rock Audit may place already-earned and/or in progress courses in different, yet valid, curriculum categories. Enrolled SRU students should use the My Rock Audit Report and materials and information provided by their faculty advisers to ensure accurate progress towards degree completion. *The information on this guide is current as of the date listed. Students are responsible for curriculum requirements at the time of enrollment at the University.*

PASSHE - Pennsylvania State System of Higher Education Institutions
EXERCISE SCIENCE - BS (6149)
PRE-CHIROPRACTIC PALMER 3+3 (6ECH)
This program is effective as of Fall 2024
UCC 10.29.2024
Revised 09.19.2025